

# CLEAN UP DAY

**MAY 2<sup>nd</sup> 8:00 - 11:30 AM**



## ACCEPTED ITEMS

General Trash, Tires without rims (Limit 4 tires per person. No tires from commercial businesses will be accepted), Green Waste, Large Items, Metal, E-waste including TV's, Microwaves, DVD/VCR's, Computers, Phones, Appliances, etc.

## ONSITE DOCUMENT SHREDDING

Bring confidential documents for shredding. Limit two boxes per person.

## Household Hazardous Waste Drop Off

Antifreeze, Batteries, Oil & filters, Paint, Pesticides & Fertilizers, Fluorescent light bulbs and tubes, home generated needles, medicine (except controlled substances).

Drop off HHW at the Helendale Fire Station between 8:00 and 11:30 am at 27089 Helendale Road.

*Transport no more than 15 gallons or 125 lbs in containers no larger than 5 gallons. Containers must be sound and not leaking.*

## VOLUNTEER TO CLEAN UP THE DESERT

If you would like to volunteer to clean up the community, please contact us at 760-951-0006 ext. 230. The CSD will provide bags and gloves to all volunteers.

## Helendale CSD RC TRACK Ribbon Cutting & Inaugural RC Race Competition!



Helendale CSD is adding a new RC track at the Helendale Community Park.

**The grand opening will be on March 14<sup>th</sup> at 9:30 am.**

To celebrate the grand opening we are also holding a fun race competition (open to all scales). The competition will start at 10 am. There will be four divisions: under 7 years old, 8-10 years old, 11-16 years old and 17 and up.

Trophies will be awarded for winners in each division!

This event is free! You can pre-register for the race at:

<https://helendalecsd.recdesk.com/>

Or you can register on the day of the event from 9:00 - 9:30 am!



**FREE hot dog  
& chips while  
supplies last**

## Mobile Veterinary Clinic

Angels Touch Mobile Veterinary Services will be at the CSD on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month! Pets get a free nail trim with every service. For surgeries, dentals, exams and prescription refills please make an appointment by calling (760)447-5300.



## Assemblyman Office Hours

Assemblyman Obernolte's field staff will be at the CSD **on the third Tuesday of even numbered months from 2:30 to 5:00 pm** to discuss community concerns, discuss statewide issues, or seek assistance in dealing with State agencies. To make an appointment, please call (760) 244-5277. Walk-ins are also welcome.

## Support Groups

*Our support groups are open to everyone. No registration required.*

**Bereavement Support Group** – Meets on 3<sup>rd</sup> Tuesday of every month at 1:30 pm.

**TOPS Weight Loss Support Group** – Meets every Tuesday at 9 am.

## CSD Meetings

Helendale CSD's regular Board Meetings are held on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of every month at 6:30 PM.

Park and Recreation Committee meetings are held on the 2<sup>nd</sup> Tuesday of every month at 3:00 PM.

## Thank You

Thank you to our generous sponsors for the Concert in the Park Series:

Yeghoian Paving and Grading

Grid Iron Pizza

UIA

Burrtec Waste

Nobel Systems



## Conservation Corner

In the average home, showers are typically the third largest water user after toilets and clothes washers. On average Americans shower about 8 minutes and uses almost 18 gallons of water at an average flow rate of 2.2 gallons per minute. An easy way to save water in your home is by replacing your old shower head with a new low flow one.

Another great way to save water is to take shorter showers. Depending on your showerheads flow rate you could save anywhere from 1.5 to 2.5 gallons or more for every minute of reduced shower time.

Stop by the CSD office, Monday through Friday from 8:00 am – 5:30 pm and pick up a FREE water efficient 1.75 gpm shower head. Compared to a 2.2 gpm shower head you will be saving .45 gpm – that's a savings of 3.6 gallons for every 8-minute shower, that's a savings of over 1,300 gallons per year!

*Shower heads available while supplies last.*

## Classes

**Archery:** Monday's at 4 pm. \$45 per month. Learn the basics of archery at our outdoor range. Equipment provided. Classes are held at the Community Park—15425 Wild Rd.

**Belly Dance:** Learn the art of Belly Dance in this introductory class. Great for all ages and abilities. Classes are every Thursday from 5:30 – 6:30 pm. Registration fee is \$20 per month.

**Group Guitar Lessons:** Monday's at 5 pm. \$35 per month. Students must have their own guitar.

**Tai Chi for Arthritis & Fall Prevention:** Tuesday's March 3<sup>rd</sup> – April 21<sup>st</sup> at 9:00 am. FREE. Improve joint strength and mobility, reduce pain & stiffness, learn nutrition information, how to read food labels and how to eat healthy on a budget.

**Video Tai Chi** Tuesday's and Thursday's 8:00 – 9:00 am. This is a free video led tai chi course that helps students improve muscle strength, balance and flexibility.

Register at: <https://helendalecsd.recdesk.com>

## Group Fitness Classes

**Boot Camp:** Monday's at 6:05 pm

**Cardio & Core:** Wednesday's at 6:05 pm

To register for group fitness classes call Patty Hartong at 714-337-5590.

## Helendale Certified Farmers Market

Summer Hours beginning March 11  
3:00 – 7:00 PM

Shop a great selection of seasonal fruits and vegetables, seafood, bread, nuts, coffee, crafts, handmade products and more. We also great food court options!

We have new vendors all the time, so stop by every week!

# OPEN GYM

Sunday's 1 - 4 PM

At the ACE High School Gym

Registration is required to participate:  
<https://helendalecsd.recdesk.com>



HELENDALE CSD FREE CONCERTS in the Park

COMMUNITY SERVICES DISTRICT HELENDALE

LIONS CLUB BEER GARDEN  
SUNSETTERS CAR CLUB  
FOOD BOOTHS  
PETTING ZOO & KIDS AREA

6-9 PM  
15425 WILD RD

MAY 9	WOODIE & THE LONGBOARDS BEACH BOYS, EAGLES & THE BEATLES	JUNE 13	TO BE ANNOUNCED	JULY 11	THE MIXX CLASSIC ROCK
AUG 8	TO BE ANNOUNCED	SEP 12	HIGHWAY 91 COUNTRY FIREWORKS SHOW	SPONSORS WANTED! If you would like to sponsor our concert series, please contact Cheryl at 760-951-0006 ext. 230	

Please bring your own chairs and blankets.



**March Watering Times:** Between 9:00 am and 3:00 pm. Daylight Savings time is a great time to replace the batteries in your irrigation timer! Plant perennials early this month and be sure to get rid of weeds as they start to grow.